

Care worker?

**Protect yourself and the people
that you care for by having a
free flu jab at your GP surgery**

As care professionals you do everything you can to protect your patients every day. If you haven't had a flu vaccination, then you are putting people at risk of this potentially deadly but preventable disease.

From now, until **31 January 2016**, you are eligible for a free flu vaccination at a participating **Birmingham CrossCity CCG GP practice**.

For a list of participating practices please visit www.bhamcrosscityccg.nhs.uk. You do not have to be registered at one of these practices to receive a flu jab, however you will need to book an appointment and state that it is part of the Care Staff Flu Scheme. Proof of your employment, such as staff ID badge or wage slip will be required.

**STAYWELL
THISWINTER**

nhs.uk/staywell

Sally Wright, Careworker



Myth busters

Having a flu jab will give you flu

No, it doesn't. The vaccine given to adults doesn't contain live flu viruses, so can't give you flu. Your arm may feel a bit sore after the injection and some people may get a slight temperature or aching muscles for a couple of days afterwards.

Once you've had a flu jab, you're protected for life

No, you aren't. The viruses that cause flu can change every year, so you need a flu jab every year.

It's too late to have a flu jab now

It's better to have a flu jab as soon as it becomes available, usually in October, but it's always worth getting vaccinated before flu comes around.

I've had flu already this autumn, so I don't need the vaccination this year

As flu is caused by several viruses, you will only be protected by the immunity you developed naturally against one of them. You could go on to catch another strain, so it's recommended you have a flu jab even if you've recently had flu.